How To Eat One Meal Day Properly, Long Term

You can eat 1-3 meals from this:

Canola oil (REMEMBER THIS)

140 calories and 14 grams of fat per tablespoon

900 grams lean cooked ground beef

Approximate values: (for 900 grams total cooked)

Calories: 1,785 kcal
Protein: 153 g
Fat: 110 g
Carbs: 0

For hunger spaced pre workout or post workout:

Whole wheat peanut butter sandwiches (2–3)

Per sandwich:

Calories: 350 kcal
Protein: 14 g
Carbs: 36 g
Fat: 18 g
Optional: banana or egg on sandwich (only have 1-2 sandwiches if so, or have 2 sandwiches and 1 boiled egg or 1 banana)

Add these up you don't need to track calories, or macros for the day on a budget and strapped for time.

Put your meal into containers and eat it through the day.

Substitutes for ground beef:

Ground turkey
Ground chicken
Ground pork (way fattening more)
Skinless boneless chicken ($$$)
Tuna or white fish (careful of the mercury)
Chicken thighs

Drumsticks

Substitutes for noodles:

Rice
Potatoes

Add in frozen veggies to your main meal if you want or eat them as a snack they are guilt free.

Add a lot of salt to your meat I like sea salt and pink Himalayan salt but don't matter. Onions and garlic for higher T. Avoid sauces except zero calorie ones like hot sauce or mustard.

You can put peanut butter and a bit of salt on a sliced banana as well instead of a sandwich and have a rice cake or eat it on a rice cake. I like broghies as well.

Check out my YouTube ironresilience91 and tiktok